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AFTER THE SLIDE

AVALANCHE WEEK, PART 1 OF 5: HOW THE DEATHS OF SEVEN CHILDREN NEAR THE B.C.-ALBERTA BORDER IN 2003 CHANGED EVERYTHING PAGES 10-11

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WYNNE-ING ONTARIO

PAGE 4

Premier Dalton McGuinty congratulates Kathleen Wynne after she becomes the new leader of the Ontario Liberal Party at the Ontario Liberal Leadership convention in Toronto on Saturday. FRANK GUNN/THE CANADIAN PRESS

Bumpy political road ahead for new premier

Solving a stalemate. Head of minority Liberal government pledges to bring back legislature Feb. 19

JESSICA SMITH
Metro in Toronto

Standing on stage at the Ontario Liberal Leadership Convention Saturday, having just smashed a glass ceiling and won the race to be premier of Ontario, Kathleen Wynne said: "Believe it or not, this was the easy part."

The next morning, the Progressive Conservative party released radio attack ads branding her "another McGuinty Liberal Ontario can't afford."

PC MPP Vic Fideli told reporters his party won't forgive her for her predecessor's sins, because she was "at the cabinet table" when the Liberals cancelled power plants in Oakville and Mississauga — at a cost of at least $230 million — and during the ORNGE scandal, in which the company is alleged to have recklessly spent taxpayer money.

Moments later, New Democrat MPP Gilles Bisson piled on. "I've been listening to Wynne and McGuinty and others for nine years talk about what they're going to do for people in poverty," he said. "Lots of wonderful talking, but not a lot in the way of action."

Bisson said the NDP is willing to work with Wynne, but they're going to want to see help for people worried about "jobs and pocketbook issues."

For her part, Wynne said she will be hoping to work with the other two leaders on the budget, poverty and all accountability issues.

"I'd like to really drill down into (Tim Hudak's) ideas about how you take this very large enterprise and break it down to make it more accountable," she said.

"We've put in place mechanisms to make government more accountable, but still things have fallen through the cracks."

City hall under review

"Building a Livable Ottawa 2031" will include feedback from community, developers PAGE 3

Egypt's state of emergency

President Mohammed Morsi declares 30-day curfew in three provinces to quell wave of violence PAGE 12

Calling all gamers

Metro looks at the best to come in 2013 for video-game fanatics PAGE 16

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City of Ottawa to launch massive planning review

City hall. Community input will set guidelines for how city deals with intensification, rural areas, transit

ALEX BOUTILIER
alex.boutilier@metronews.ca

Ottawa City Hall is about to embark on a lengthy and extensive review of its central planning tenets.

The Official Plan review — dubbed "Building a Livable Ottawa 2031" — starts Tuesday evening with an event at city hall featuring a presentation from the municipality's planning committee chair Coun. Peter Hume. The review is slated to take just under a year, with feedback from both the community and developers.

The purpose of the review, according to city staff, is to provide "solutions" for 12 key planning issues. Those issues include: intensification, urban land issues, preserving Ottawa's rural countryside, urban design, transit-oriented development, reviewing the municipality's employment land policies, infrastructure needs, public and active transit (including cycling and pedestrian issues) and sustainable transportation.

Affordability — how Ottawa can "develop within our means" — will also be considered.

"The community input will inform the decisions made by politicians and city planners every day, and is important in this master planning initiative," according to city staff. "The policy directions set over the next year will determine how we live, grow, play, travel, and prosper as a city."

When and where

A full breakdown of the 12 issues can be found on the municipality's website. The event on Tuesday gets underway with an open house in Jean Pigott Hall at 5:30 p.m. The formal presentation begins an hour later in Andrew S. Haydon Hall.

Walk for Memories raises quarter of a million dollars to combat Alzheimer's

From left: Angela D'Orazio, Emily Showler and Jason Branco participate in the Alzheimer Society of Ottawa and Renfrew County's Walk for Memories fundraiser at the Carleton University Fieldhouse on Sunday. Some 592 people donned their running shoes to raise money for the society, which runs education and support programs for people diagnosed with Alzheimer's Disease. The event, featuring live music, highland dancing and flash mobs, raised $246,286.29. SEAN MCKIBBON/METRO

Bieber. Under fire for shooting ... a Nerf gun

Looks like Justin Bieber was right when he sang, "You can never say never."

Celebrity-gossip outlet TMZ is reporting a security guard who worked at the Canadian pop superstar's concert in Ottawa in November made a complaint to police alleging on the night of the concert Bieber or a person near him shot her — with a Nerf gun. Bieber was reportedly playing with his younger brother and sister who are three and four years old. There's no word on the age of the guard who TMZ says became upset and reported the incident to police. 13010 News reports Ottawa police say they are investigating an incident at Scotiabank Place in November, but won't say what the incident entailed. METRO

Justin Bieber THE ASSOCIATED PRESS

Gatineau court

Man charged with second-degree murder

A 51-year-old Maniwaki man was charged with second-degree murder in a Gatineau court Friday.

Michel Sabourin appeared briefly Friday morning to hear the charge against him in the death of 47-year-old Lynda Riopel, said Sûreté du Québec spokesman, Sergent Gino Paré. Sgt. Paré said he could not go into details about the relationship between the victim and the accused, but media reports indicate they knew each other. GRAHAM LANKTREE/METRO

Good Samaritans. Passersby save family of four from burning car

Ottawa paramedics are hailing the quick actions of a volunteer firefighter and other bystanders who rescued a family from a burning car Saturday night.

The dramatic rescue happened on Highway 417 near the Nicholas eastbound off-ramp just after 9:30 p.m. Saturday. A car began to burn after a collision, and passersby stopped to free the family of four trapped inside.

Dan Regnier, a Long Sault volunteer firefighter who had been on his way home when he noticed the crash, stopped and managed to pry open one of the car doors to help free some of the family. But then he noticed a 12-year-old boy still trapped. It was only by kicking out a window that he was able to move the car's front seat, which had been trapping the boy, allowing other bystanders to get the child out.

Paramedics said the driver of the burning car, who was assessed for minor burns to his hands, refused transport to hospital. There were no other injuries to the occupants of the car, but Regnier reportedly suffered cuts to his leg from breaking the window. METRO

Kathleen Wynne, left, and partner Jane Rounthwaite celebrate before the final vote at the Ontario Liberal leadership convention this weekend. Wynne is poised to be the first woman and gay premier of Ontario.

RENE JOHNSTON/TORSTAR NEWS SERVICE

Wynne says she'll be judged on her merits, not sexuality

Liberal leadership. Woman elected Canada's first openly gay premier says win is historic, but she wants to get on with business

JESSICA SMITH
Metro in Toronto

Kathleen Wynne says it's "historic," "exciting" and "great" that she will soon be the country's first openly gay premier, but don't expect her to talk about it too much.

"I'm not a gay activist," she said at a press conference on Sunday, when asked about her "historic breakthrough."

"I'm talking about it today because you've asked, but I'm not going to spend the next month talking about this."

But if her win can make young gay people feel less frightened and see possibilities in the world, that's a wonderful thing, she said.

For her, the fact that there will soon be six woman premiers is "huge."

"Maybe now we're reaching a critical mass," she said. "Maybe now it can just be whether you've got what it takes to get your name on the ballot and whether you can win in a riding, as opposed to whether you're male or female. Maybe this will make a difference."

Wynne's election speech at the convention drew thunderous cheers from her fellow Liberals.

When she addressed the question of whether Ontario is ready to elect a gay premier — which she'd been asked repeatedly throughout the campaign — her chief rival, Sandra Pupatello, stood up and applauded.

Here is that excerpt:

"I want to put something on the table: Is Ontario ready for a gay premier?

"You've heard that question. You've all heard that question, but let's say what that actually means: Can a gay woman win? That's what it means.

"So, not surprisingly, I have an answer to that question. When I ran in 2003, I was told that the people of North Toronto and the people of Thorncliffe Park weren't ready for a gay woman. Well, apparently they were.

"You know, there was a time, not that long ago, when most of us in this leadership race would not have been deemed suitable. We would have been deemed unsuitable. A Portuguese-Canadian, an Indo-Canadian, an Italian-Canadian, female, gay, Catholic. Most of us could not have hoped to stand on this stage. But the province has changed. Our party has changed.

"I do not believe that the people of Ontario judge their leaders on the basis of race, sexual orientation, colour or religion. I don't believe they hold that prejudice in their hearts. They judge us on our merits, on our abilities, on our expertise, on our ideas. Because that is the way everyone deserves to be judged. That is how we want our children, our grandchildren, our nieces, our nephews to be judged. All of us want to be judged on those things."

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Ottawa cops see fewer offences

The number of Criminal Code offences per Ottawa police officer declined nine per cent in the fourth quarter of 2012, according to a report to the municipal policing board.

The decline, driven by 800 fewer offences in the last quarter of 2012 compared to the same period in 2011, meant an average workload of 6.3 offences per officer.

A report coming before the municipality's police-services board Monday stresses that the number of Criminal Code violations per officer is not a full measure of workload.

"This, of course, does not capture the entire scope of police operations, including proactive initiatives, assistance to the victims of crime, traffic enforcement (and) Highway Traffic Act violations, street checks, and other community and public safety activities," the report notes.

The OPS received approximately 374,000 calls for service in 2012, 2,000 short of the annual average. The decline comes after an increase in 2011, and police are attributing the change to a number of "alternative responses" from the force.

Police received 1,241 Priority 1 calls, which involve known imminent danger to a citizen's life. A direct comparison to 2011 numbers is not possible, according to the force, due to a change in call classifications.

ALEX BOUTILIER/METRO

Online

For more news visit metronews.ca

Crime

Pair facing charges in armed robbery

A man and a young offender who are accused of mugging another man in the city's south end with a replica pistol appeared in an Ottawa court Friday after being arrested and charged by police.

Ridah Hashem, 18, and a 16-year-old were both charged with robbery with an offensive weapon, use of a firearm in commission of an offence, and possession of a weapon dangerous to the public on Friday. They were arrested a short time after the robbery Thursday night.

At 8:30 p.m. on Jan. 24, a man walking on Canyon Walk Drive in Riverside South noticed a vehicle following him.

He was grabbed from behind and one of two males pointed what appeared to be a handgun at him, demanding everything he carried. The assailants made off with a cellphone.

The suspects were arrested a short time later with a replica pistol when police stopped a vehicle matching the description provided by the victim.

METRO

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Nightclub fire kills 230

Santa Maria, Brazil.
Wall of bodies and toxic smoke prevented revellers from escaping

Friends and family mourn over one of hundreds brought to a gym for identification. NABOR GOULART/THE ASSOCIATED PRESS

Flames raced through a crowded nightclub in southern Brazil early Sunday, killing more than 230 people as panicked partygoers gasped for breath in the smoke-filled air, stampeding toward a single exit partially blocked by those already dead.

Witnesses said a flare or firework lit by band members started the blaze in Santa Maria, a city of about 225,000, though the official cause was still under investigation.

Television images showed smoke pouring out of the Kiss nightclub as shirtless young men who had attended a party joined firefighters using axes and sledgehammers to pound at windows and walls to free those trapped inside.

Guido Pedroso Melo, commander of the city's fire department, told the O Globo newspaper that firefighters had trouble getting inside because of a "barrier of bodies blocking the entrance."

Guitarist Rodrigo Martins, of the band Gurizada Fandangueira, told Radio Gaucha that the fire "might have happened because of ... the machine we use to create a luminous effect with sparks."

He confirmed that accordion player Danilo Jacques, 28, died, while the other five members made it out safely.

Police Maj. Cleberson Braida Bastianello said by telephone that the toll had risen to 233 — he said earlier that the disaster was likely made worse because the club appeared to have just one exit.

"Large amounts of toxic smoke quickly filled the room, and I would say that at least 90 per cent of the victims died of asphyxiation," said Dr. Paulo Afonso Beltrame, a professor at the medical school of the Federal University of Santa Maria.

Beltrame, who went to the city's Caridade Hospital to help, said he was told the club had been filled far beyond capacity.

"The toxic smoke made people lose their sense of direction.... At least 50 bodies were found inside a bathroom. Apparently they confused the bathroom door with the exit," he told The Associated Press by telephone. THE ASSOCIATED PRESS

Holocaust Remembrance.
Global powers renew vow once more: 'Never Again'

Holocaust survivors, politicians, religious leaders and others marked International Holocaust Remembrance Day on Sunday with solemn prayers and the now oft-repeated warnings to never let such horrors happen again.

Pope Benedict XVI, speaking from his window at St. Peter's Square at the Vatican, advocated constant vigilance.

"The memory of this immense tragedy ... must represent for everyone a constant warning so that the horrors of the past are not repeated, so that every form of hatred and racism is overcome and that respect for, and dignity of, every human person is encouraged," the German-born pontiff said.

In a statement, U.S. President Barack Obama said that "the United States, along with the international community, resolves to stand in the way of any tyrant or dictator who commits crimes against humanity and stay true to the principle of 'Never Again.'" THE ASSOCIATED PRESS

Plane crash

Bodies to remain in Antarctica for now

Officials have called off efforts to recover the bodies of three Canadians after a plane crash in Antarctica, saying it would be unsafe to further disturb the wreckage.

One of the agencies investigating the deadly crash says poor winter weather will delay the recovery operation until the next Antarctic research season, which coincides with the region's period of 24-hour sunlight.

Peter West of the U.S. National Science Foundation says rescue crews have retrieved some equipment from the aircraft, including the cockpit voice recorder, which should help authorities learn about what caused the crash.

The New Zealand Rescue Co-ordination Centre has said the aircraft may have turned too early while flying through a mountain range. THE CANADIAN PRESS

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French march for gay marriage

Legalizing same-sex marriage, adoption.
125,000 rally in Paris in support of bill

Tens of thousands of people marched in Paris Sunday in support of a government-sponsored bill that would legalize marriage and adoption for same-sex couples.

Demonstrators waved banners emblazoned with phrases such as "Equality of rights is not a threat." The march drew 125,000 people into the streets, according to police — far less than the estimated 340,000 who opposed the proposal in a protest two weeks ago.

The French government will debate the bill on Tuesday, although it's essentially guaranteed to pass the Socialist-dominated parliament. If the bill is approved, France would become the 12th country in the world to legalize same-sex marriage. THE ASSOCIATED PRESS

Alice and Marie, 20, kiss on the cheek in Paris on Sunday as part of a demonstration in support of a bill to legalize same-sex marriage and adoption for same-sex couples. BENJAMIN GIRETTE/THE ASSOCIATED PRESS

Somalia

Specific threat to Westerners in Somaliland: U.K.

British citizens should immediately leave the breakaway Somaliland region of Somalia because of a specific threat to Westerners, British diplomats said Sunday. It was the second such warning issued for an African region in just days and comes amid growing turbulence across the continent's north.

Britain's Foreign Office did not go into any further detail. THE ASSOCIATED PRESS

Britain

Short skirts, high heels put women at greater risk of rape: Lawmaker

A British lawmaker's suggestion that young women who wear high heels and short skirts put themselves at greater risk of rape has drawn widespread condemnation.

"If you are blind drunk and wearing those clothes how able are you to get away?" lawmaker Richard Graham was quoted as saying by his local paper.
THE ASSOCIATED PRESS

Investigation

Woman's torso found in Kitchener, Ont., garbage bin

Homicide detectives are investigating after a human torso was found Saturday in a garbage bin in Kitchener, Ont.

Investigators say the torso is that of a white woman of unknown age and identity. They say she wore a black T-shirt with the words "Forget princess I want to be a vampire" on the front. No other body parts were found.
THE CANADIAN PRESS

Perhaps not as tough as he thought?

A competitor emerges from an underground tunnel during the Tough Guy Challenge on Sunday in Telford, England. Every year thousands of people run the eight-mile assault course that involves freezing temperatures, fire and ice. HARRY ENGELS/GETTY IMAGES

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THE AVALANCHE THAT

Metro's Avalanche Week

The first in a five-part series

"Avalanche!"

The desperate warning comes as a skier helplessly watches a massive wall of snow cascade towards 14 students, two teachers and a chaperon. But it was too late to get out of the slide's path.

Feb. 1, 2003. Seven students, all 15 years old, died that day in B.C.'s Connaught Creek.

A decade after the most devastating avalanche season on record, the natural phenomenon continues to instill fear, intrigue, curiosity and awe.

The sheer spectacle — and danger — of avalanches remains the same, but much has changed since 2003.

Follow Metro all week as we delve into avalanche safety's darkest day and its lasting legacy on the nation.

We'll bring you stories of personal tragedy and survival, along with in-depth looks at the individuals and institutions working on the front line to keep people safe as more and more people venture into Western Canada's stunning wilderness.

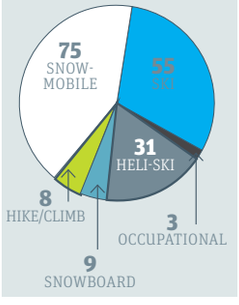
DAY 1

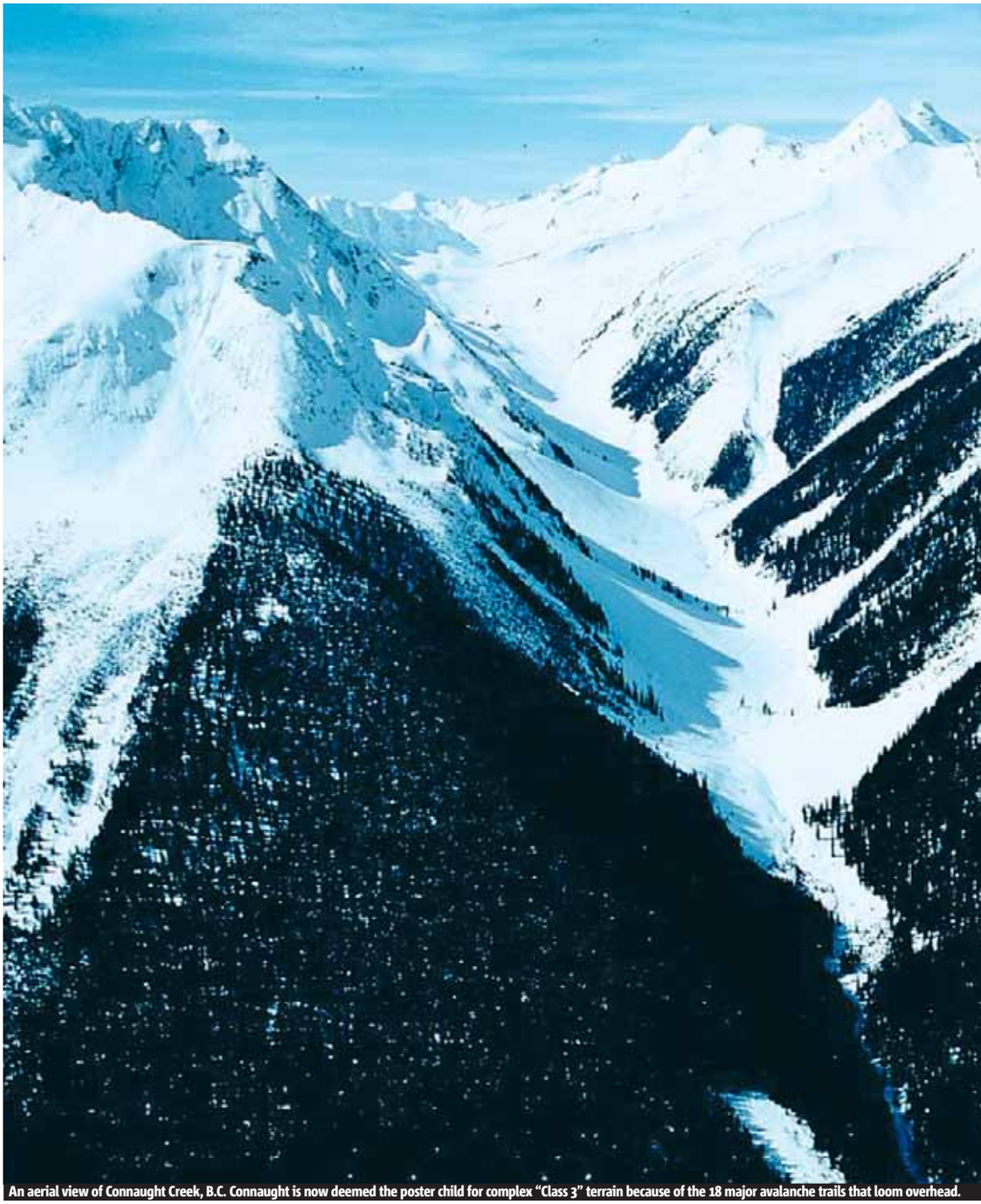
THE TRAGEDY

Tomorrow: The Risk
The call of the wild and its sometimes deadly nature.

B.C. deaths by activity: '96 - '12

SOURCE: B.C. CORONERS SERVICE





An aerial view of Connaught Creek, B.C. Connaught is now deemed the poster child for complex "Class 3" terrain because of the 18 major avalanche trails that loom overhead.

Impetus for change

The deadliest avalanche season on record forced Parks Canada to reform the country's avalanche-safety systems.

The winter of 2002/2003 claimed the lives of 29 people (25 in British Columbia).

The most shocking incident was the deaths of the seven students in Connaught Creek

"It was a huge shakeup," said Grant Statham, a mountain risk specialist hired by Parks Canada to implement 36 recommendations in the aftermath of the slide.

Parks Canada developed world-leading public avalanche and terrain bulletins, provincial and federal governments got involved in funding programs, signage at parks were ramped up, and regulations were put in place dictating where supervised groups of youth could, and could not, access.

The recommendations also led to the creation of the Canadian Avalanche Centre, one of the lasting legacies of the 2002/2003 season.

The changes, unprecedented in scope, were born out of a deep collective pain and the desire to prevent future tragedies.

Quoted

"It was definitely a watershed moment for public avalanche safety."

Grant Statham, mountain risk specialist for Parks Canada

"One of the most important things was having the parents (of victims) involved," he said. "That was very tough, to work with someone that was grieving so much. There were a lot of fingers being pointed at us."

But it was worth it.

Many of the advances in Canada, such as the avalanche danger scale and icons, have since been universally adopted around the world.

Avalanche fatalities rates remain fairly steady (averaging around 10 a year in B.C.) even though backcountry use has grown exponentially.

"2003 has affected us deeply," said Statham. "It was a terrible event. But out of that, a lot of good has been done in the 10 years since."

MATT KIELTYKA/METRO IN VANCOUVER

Scott Broshko

Michael Shaw

Marissa Staddon

Jeff Tricket

CHANGED EVERYTHING

CONTRIBUTED/PARKS CANADA

Seven students dead.

Grief pushed parents to fight for better standards

EMILY JACKSON
Metro in Vancouver

For decades, a ski trip along Connaught Creek trail near B.C.'s majestic Rogers Pass was the crown jewel of the school's renowned outdoor education program.

On Feb. 1, 2003, Grade 10 student Daniel Arato was to follow in the tracks of his older brother who a few years before safely completed the overnight trip, run by the prestigious Okotoks, Alta.-based Strathcona-Tweedsmuir School.

But in just four seconds that Saturday morning, an avalanche barreled into the valley as the group crossed, resulting in a tragedy that would forever change Canada's approach to avalanche safety.

Daniel and six other students, all 15 years old, lost their lives.

Seven of their peers, two teachers and one volunteer leader survived, largely due to the immediate rescue efforts from a husband and wife pair of mountain guides who happened to witness the avalanche from a nearby slope. All were buried or partially buried under snow the coroner described as "like concrete" in the area's largest avalanche in 25 years.

The tragedy rocked the community as devastated families, friends and teachers grappled with the enormous loss: How could this happen to a group that was equipped with the right gear, well organized, educated in avalanche safety and on a path that hundreds traverse annually?

Daniel's parents, Peter and Judith Arato, say the school, Parks Canada and they, as parents, simply didn't understand or appropriately address the risks associated with the backcountry.

"You send your kids to school, and I think as parents we intrinsically trust that school is not taking any risks with your children," Judith said in an interview, her voice pausing only when she recounted the moment she learned of the accident. "They didn't themselves recognize they were playing Russian roulette with the children's lives."

In the decade since the tragedy, the Aratos' grief pushed them to work with Parks Canada to change the mindset from the "Enter at your own risk" signs posted at national park entrances to a culture of safety.

And though safety improvements won't bring back their son or his classmates Ben Albert, Scott Broshko, Alex Pattillo, Michael Shaw, Marissa Staddon and Jeff Trickett, the considerable safety changes are rewarding.

"We'd be disappointed if there was a tragedy and no one did anything," Judith said.

Snowshoers head into Seymour Provincial Park Jan. 20, where avalanche signage is impossible to miss.
JENNIFER GAUTHIER/METRO IN VANCOUVER

From 'enter at your own risk' to a culture of safety

Better practices

It was not acceptable to the Aratos that seven deaths were considered within the "normal" range during avalanche season.

"Every year if we had seven kids dying, would that be OK?" Peter questioned Parks Canada in the months that followed. "You need to work on getting the mindset to change."

Parks Canada agreed, and 10 years after the deadliest winter for recreational backcountry users on record, there is a culture of safety in place.

Parks Canada revamped the way risk is measured, rated terrain on its complexity and created separate rules for custodial groups. And any group of children not under parental custody will never traverse the highly complex Connaught Creek trail again.

The Aratos and the other parents never called for the cancellation of the outdoor education program, but an independent report on the Strathcona-Tweedsmuir School program by consultant Ross Cloutier in June 2003 recommended changes.

He found that it had become more "adventure" than "outdoor" education. Though he concluded most recreation, commercial and school groups would likely have skied that day, the real question was how much risk a school is willing to take.

The program now accepts a lower level of risk, outdoor education director Bruce Hendricks said.

The school holds extensive briefings for parents, updated its emergency response protocol and holds trip debriefings to seek continuous improvement.

Hendricks gets a dozen requests a year from schools looking to emulate the program, which was accredited by the Association for Experiential Education last year.

EMILY JACKSON/METRO IN VANCOUVER

Exclusively online

Judith and Peter Arato
CANDICE WARD/FOR METRO

The Aratos were shocked by what they saw when they took a helicopter ride over Connaught Creek after the accident.
Listen to their story at metronews.ca/features/avalanche-week.

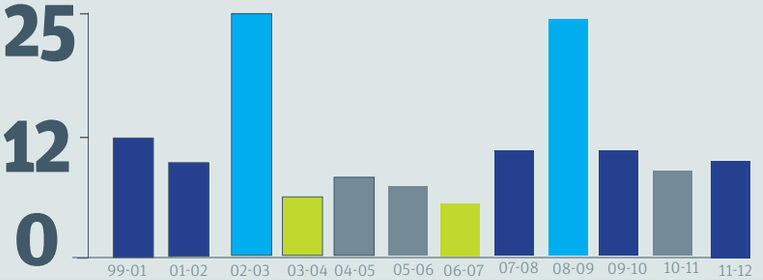
Ben Albert

Alex Pattillo

Daniel Arato

Avalanche deaths in B.C. between 1999 and 2012.

SOURCE: B.C. CORONERS SERVICE



Weather your cold.

HALLS

We'll all feel better.

For the temporary relief of cough.
Always read and follow the label.

An Egyptian protester throws a tear-gas canister back at riot police, not seen, near Cairo's Tahrir Square on Sunday as clashes continued for the fourth successive day between protesters and police. KHALIL HAMRA/THE ASSOCIATED PRESS

Egypt's president imposes state of emergency, curfew

Embassy in Cairo shut for a day. Ottawa warning Canadians in Egypt to exercise 'high degree of caution'

Egypt's president declared on Sunday a 30-day state of emergency and night curfew in Port Said, Ismailiya and Suez — the three Suez Canal provinces hit hardest by the wave of violence that has left more than 50 dead in three days.

Angry and almost screaming, Mohammed Morsi vowed in a televised address that he would not hesitate to take even more action to stem the latest eruption of violence across much of the country.

The worst violence this weekend was in the Mediterranean coastal city of Port Said, where at least 44 people died in two days of clashes there that began on Saturday. The spark was a court conviction and death sentence for 21 defendants involved in a mass soccer riot in the city's main stadium on Feb. 1, 2012 that left 74 dead.

Egyptian policemen grieve for their colleagues, who were killed in Port Said violence, during a military funeral in Cairo on Sunday. AMR NABIL/THE ASSOCIATED PRESS

Most of those sentenced to death were local soccer fans from Port Said, deepening a sense of persecution that residents have felt since the stadium disaster.

At least another 11 died on Friday elsewhere in the country during rallies marking the second anniversary of the uprising that toppled authoritarian President Hosni Mubarak. Protesters used the occasion to renounce Morsi and his Islamic fundamentalist group, the Muslim Brotherhood. THE ASSOCIATED PRESS

Jewish-centre bombing

Argentina, Iran reach agreement

Argentina and Iran reached a breakthrough Sunday in the investigation of a Jewish-centre bombing that killed 85 people in Buenos Aires 19 years ago, agreeing to establish an independent international "truth commission" to examine Argentina's worst terrorist attack.

Argentine prosecutors have formally accused six Iranians of co-ordinating the Argentine Israelite Mutual Association building attack under orders from their government. THE ASSOCIATED PRESS

Syria crisis. Transfer of chemical weapons could trigger Israeli attack

Israel could launch a pre-emptive strike to stop Syria's chemical weapons from reaching Lebanon's Hezbollah or al-Qaida–inspired groups, officials said Sunday.

The warning came as the military moved a rocket-defence system to a main northern city, and Israel's premier warned of dangers from both Syria and Iran.

Israel has expressed concerns that Syrian President Bashar Assad, clinging to power during a 22-month civil war, could lose control over his chemical weapons.

Vice Prime Minister Silvan Shalom told the Army Radio station that the transfer of weapons to violent groups, particularly the Iranian-backed Lebanese Hezbollah, would be a game changer.

"It would be crossing a line that would demand a different approach, including even action," he said. Asked whether this might mean a pre-emptive attack, he said: "We will have to make the decisions."

Israel deployed its Iron Dome rocket-defence system in the northern city of Haifa on Sunday. THE ASSOCIATED PRESS

A video produced by students at Montreal's Centre NAD appears to show a massive bird plucking an infant off the ground. The school, which teaches 3D animation and digital design, says the project has generated enough money from its views on YouTube to fund a scholarship. YOUTUBE.COM/THE CANADIAN PRESS

Fake eagle snatches baby! Views fund scholarship!

Profitable hoax. Viral video wasn't real, but its YouTube popularity has generated real cash for Montreal school

A baby-stealing fake eagle is helping a deserving student take flight.

The viral video of the eagle, which was created by students at Montreal's Centre NAD, has received international media attention and had more than 41 million views on YouTube since it was posted on Dec. 18. The minute-long video purported to show the bird swooping down and grabbing a toddler in its talons at a Montreal park.

And the school says it's also generated a few bucks that will go toward a scholarship for a deserving student at the 3D animation and digital design school.

School spokeswoman Claude Arsenault says the amount of the scholarship hasn't been determined because the cheque hasn't yet arrived from Google, YouTube's owner.

The school and the students who made the video can't profit from it because it was made with software bought under an educational licence. That means the software is sold at a reasonable cost to schools as long as it is used for educational, not commercial, purposes.

Making money with the video, created as part of a class project, wasn't the goal, Arsenault stressed. She said the AdSense account with the video site wasn't even created until some time after it had been initially posted, as the school had to ensure it could do it in accordance with its licences.

Putting the money to a good cause is fine with the video's creators, who were rewarded with a grade of A+ for their work.

"Knowing that we helped get the school on the map — it's a good feeling, " said Normand Archambault, one of the students who put together the video. THE CANADIAN PRESS

Going viral

- Many people treated the hoax video as the real deal. It had only been on YouTube for 30 minutes before it got its first Reddit comment, and then the Twittersphere lit up. Within three hours of it being posted, mainstream media in Quebec, Australia and the United Kingdom picked it up.
- As people began realizing the video was a hoax, the Montreal students were bombarded with interview requests.

BB10 launch. Can RIM get its groove back?

Once a leader but now derided as a laggard, BlackBerry-maker Research In Motion hopes to regain the confidence of cynical smartphone users this week as the curtain is lifted on its much-anticipated new smartphones.

The stakes are high for the Wednesday unveiling, which many observers say will determine whether RIM survives to see the launch of another BlackBerry smartphone.

It has been a steep decline for RIM, which less than five years ago was the most valuable company in Canada, above Royal Bank. Affectionately called the CrackBerry maker, the mobile-communications pioneer was the pride of Canada's technology sector.

Nowadays, when observers go through a litany of instances when the company stumbled, they point to everything from RIM underestimating the iPhone's potential; to its leaders being distracted by the possibilities that success brought them; to technical problems including a worldwide four-day outage in October 2011; to the failed launch of the PlayBook, RIM's answer to Apple's iPad.

They also mention the blow to RIM's reputation caused by the delay of its next-generation BlackBerrys, which were seen as the company's best hope to maintain market share against Apple and Android devices. The devices' planned release was pushed into 2012, then delayed again throughout last year.

When the BlackBerry 10 smartphones and operating system are finally showcased to the world this Wednesday, a new chapter in RIM's history will begin. THE CANADIAN PRESS

Creditor claims

Ex-Nortel workers cry foul over fees

Representatives for disabled former Nortel Networks employees have filed a complaint with Canadian and American bankruptcy watchdogs over professional fees paid by the former technology giant's estate.

The complainants have sent letters to the Office of the Superintendent of Bankruptcy Canada and to U.S. Trustee Roberta Deangelis asking for an investigation into the expenses, which they consider "excessive."

They say the now-defunct company's court-appointed monitor, Ernst & Young, failed to rein in the ballooning payments that have "materially reduced" Nortel's assets and the future distribution of cash to its creditors.

THE CANADIAN PRESS

Bloomberg's donations to alma mater top $1B

New York City Mayor Michael Bloomberg is donating $350 million US to Baltimore-based Johns Hopkins University, the bulk of it to help expand its research on such cross-disciplinary issues as global health and urban revitalization, as his lifetime giving to his alma mater soars past $1 billion US, the university said.

University officials said they believe Bloomberg, who amassed his fortune creating the global financial services firm Bloomberg LP, is now the first person to give more than $1 billion US to a single American university.

Most of the latest gift, $250 million, will help foster cross-disciplinary work on global issues at Johns Hopkins, the university said. Funds initially will be used toward the appointment of faculty for interdisciplinary work on a series of issues that also will include individualized health care delivery, sustainability of water resources and the science of learning.

The remaining $100 million is to be devoted to need-based financial aid for undergraduate students, awarding 2,600 Bloomberg scholarships in the next 10 years.

THE ASSOCIATED PRESS

By the numbers

50

Money from the gift is expected to endow 50 distinguished professors to be recruited worldwide with expertise spanning traditional academic disciplines.

New York City Mayor Michael Bloomberg gets a kiss on New Year's Eve in Times Square. He is donating $350 million US to his alma mater, Baltimore's Johns Hopkins University. MIKE COPPOLA/GETTY IMAGES

DOWNTOWN VS. THE 'BURBS ON GCTC: RIFT HAPPENS

URBAN COMPASS
Steve Collins
ottawa@metronews.ca

The City of Ottawa, the official entity, is not one but many places. Amalgamation stitched 11 municipalities together into urban, suburban and rural wards in 2001. In 2013, there's still occasional tension at the seams.

A small rift opened last week as council debated giving $250,000 to the Great Canadian Theatre Company to pay down a larger-than-expected debt for their new home on Wellington Street West.

Back in 2004, the city had agreed to foot a quarter of the $5.2-million bill for construction: $1.3 million. But by the time the curtains came up, costs had swelled to $11.7 million.

Such budgetary surprises happen, of course. Remember OC Transpo's SmartBus system was originally budgeted at $6.7 million, but the stop-calling tech ended up costing about $17 million. The city was on the hook for that bloat, but the not-for-profit GCTC largely had to handle their shortfall themselves.

While assiduously shaking down donors, the theatre company is still labouring under an $870,000 debt, and city staff said the payments on it were putting a strain on their day-to-day operations, hence the request for some help.

Not so fast, came the response from a bloc of councillors led by Scott Moffatt, of Rideau-Goulbourn.

The theatre had previously come to the city in 2010 for a $175,000 cash infusion, which they got, with assurances they wouldn't be back for more — assurances that Moffatt and several other councillors were quick to recall.

Also, the entire capital-funding envelope for arts facilities city-wide this year is $500,000, and so the quarter-mil is a significant bite, which will certainly leave other projects out; staff said several million worth of applications from other groups are still pending from last year.

Faced with these arguments from suburban and rural colleagues, Somerset Coun. Diane Holmes pointed out that her downtown constituents had no objections to shelling out $4 million for Nepean's Centrepointe Theatre or $3.9 million for the Shenkman Arts Centre in Orleans, but the spirit of reciprocity for downtown projects seemed lacking in the 'burbs.

"It is amazing that we can't look at this city as a whole and say, 'Yes, we're contributing to everybody's neighbourhood, everybody's area, and that we need an active cultural scene,'" Holmes chided. "So I won't be surprised when the rurals and the east end, as usual, won't support a downtown facility. It won't come as a surprise, but it sure is a big, big disappointment."

And there it was again, the old tug-of-war between downtown, the suburbs and rural Ottawa. Ward councillors are elected by local constituents, but have to vote on matters concerning the whole city, whether it's new infrastructure for fast-growing suburbs or replacements in aging downtown neighbourhoods.

The line between local concerns and parochial ones, though, is not always clear. Watch what happens when OLG comes back to council with proposed casino locations.

Clive Doucet, the former Capital councillor, was so despaired of reconciling the interests of the city's urban and rural residents that a couple of years ago he proposed a referendum to split them up again, reversing the amalgamation he'd originally supported.

Knoxdale-Merivale's Keith Egli, who supported the GCTC grant, also pleaded for bigger thinking: "I'm hearing, I think, far too much about east end, west end, rural, urban. I think we have to get over that. This is a facility — as is the Shenkman Centre, as is Centrepointe Theatre — that services the whole city. This isn't about a ward getting a theatre. This is about the city getting a cultural institution."

In the end, the GCTC got the money with support from urban, suburban and rural councillors — all without even a formal yeas-and-nays vote on the matter.

Opposition, however, fell along geographic lines, as the four councillors registering their dissent — Moffatt, Rainer Bloess (Innes), Marianne Wilkinson (Kanata North) and Allan Hubley (Kanata South) — all represent wards outside the downtown.

We're amalgamated, sure, but not always united. Rift happens.

My 'Knit'tle Ponies take centre stage

ROB MCDOUGALL/VISITSCOTLAND.COM

Scottish heritage

Ponies in jumpers promote Scotland

Scotland is experiencing rather cold, wintry weather as of late, and the locals are certainly dressing for it.

Shetland ponies Fivla, left, and Vitamin are donning traditional Fair Isle-style cardigans for a new advertising campaign championing the natural side of Scotland — the country's knits and farming communities.

METRO

Animal centre's viewpoint

"It was perhaps an odd request to get the ponies in Fair Isle (clothes), and a bit silly, but they were perfectly happy. Hopefully, these pictures will make people smile."

Jo Tonkinson, co-owner of Thordale Shetland Driving Centre, where Fivla (17 years old) and Vitamin (18 years old) are reared

It is believed that the ponies are related to the ancient Scandinavian ponies from when the islands were joined with Scandinavia (up until 8,000 BC).

Pony promotion power

'Iconic' animals draw attention of the world

Why use the diminutive horse to promote Scotland?

"The ponies are iconic around the world," said Amy Robertson, a spokeswoman from Visit Scotland.

"With Shetland wool and knitwear being so in demand, it seemed like a fun way to celebrate Shetland's natural landscapes, products and heritage."

METRO

Shetland Islands

- **Birdwatchers' paradise:** Home to around 200,000 puffins.
- **Life's a beach in Shetland:** Boasts 138 sandy beaches.
- **Vikings' fire fest:** Up Helly Aa is Europe's largest fire festival. Featuring a torch-lit procession, the annual festivities culminate in the burning of a replica Viking long ship that is then put out to sea.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Does online dating lead to less passionate relationships?

Twitter

@MacDKB: Working 2 full-time jobs, especially given their physical, high-stress nature, has really disrupted my lifting & eating schedules...

@MemoM68: There is no way Messi is human.

@TrixBalkis: Messi with a Super Hatrick #Amazing

@SteFUNiaaa: and he strikes AGAIN #Messi

@MeghanCholette: my 3 year old brother told me that i can't come to his birthday party because there's no room and I have to stay upstairs... #ouch

@ShaneMackenzie_: K so I love my Toronto friends enough that I'll be taking the late bus back to #Ottcity in order to spend more time. #OLPldr has made TO ok.

metro

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Hollywood

Abrams vows to make Star Wars fans proud

J.J. Abrams calls getting assigned to direct the seventh live-action Star Wars film "as surreal as it is exciting."

The director-producer-writer spoke with a handful of media outlets on the red carpet before darting into the Producers Guild Awards on Saturday night. Abrams was there to accept the Norman Lear Achievement Award for such television works as Felicity (1998 to 2002), Alias (2001 to 2006), Lost (2004 to 2010), Fringe (20082013) as well as the current series Person of Interest and Revolution.

Abrams also is proving to be a go-to director of successful new films for long-established franchises, such as Star Trek and Mission: Impossible.

Last week, Lucasfilm officially announced Abrams' hiring for Star Wars: Episode VII, which has a tentative release date of 2015. Star Wars creator George Lucas personally endorsed Abrams in a statement: "I've consistently been impressed with J.J. as a filmmaker and storyteller. He's an ideal choice to direct the new Star Wars film and the legacy couldn't be in better hands."

As for Abrams' plans for Episode VII? "You know, obviously, it's so early," he replied. "I can just say what I want to do: I want to do the fans proud. I want to make sure the story is something that touches people. And we're just getting started. I'm very excited."

THE ASSOCIATED PRESS

J.J. Abrams. THE ASSOCIATED PRESS

Rob Corddry says he could play the best friend role in romantic comedies for the rest of his life. HANDOUT

Whose line is it anyway?

Warm Bodies.
Rob Corddry is the best friend of few words in this zom com that required some improv-muscle flexing

NED EHRBAR
Metro World News in Hollywood

Rob Corddry is more than happy playing the best friend in romantic comedies, especially if it involves being a flesh-eating zombie. For Warm Bodies, he takes on the task of dispensing romantic advice to his love-lorn pal (Nicholas Hoult) without the help of verbal communication.

In the romantic comedy world, the best friend character is a pretty familiar role. How different is it when you only have four or five actual words of dialogue in the entire movie?
Before I auditioned for this, somebody said, "Are you sick of playing best friends all the time?" And I was like, "No." I wouldn't play the same one over and over again, but I would play shades of that stock character for the rest of my life. Because it's got everything, you know what I mean? You're often the comic relief, you have your own moments — usually, in good ones, in good stories — you have your own either comeuppance or realization. But this one is like, it doesn't get much of a different shade of that character than this, so it was even more attractive to me.

Your bar "conversation" with Nicholas, with no words, was great. I think I've seen improv exercises like that.
Oh God. Yeah, I've suffered through some myself. This sounds like a brag, but it's very funny, actually. I pitched that conversation taking place at an airport bar, and (director) Jonathan (Levine) was like, "That's actually a good idea." We were at dinner or something and he got on the phone. I'd forgotten about it, and then about 10 minutes later he goes, "They're going to see if they can build the airport bar. I like that idea. By the way, that's a $25,000 idea. You just cost the production $25,000 with this whim!"

How much of a challenge is improvising without the use of words?
I didn't find it a different challenge. Improv should only be a tool and not something that you abuse willy-nilly. Because if you're doing a script, it's because you really like the script and you like the words, and it's not yours to, like, make better somehow. As a matter of fact, I was never the fastest improviser on my team or whatever. But I was young, so I just thought I was bad. I wish I were doing it now, because you recognize it's like a team and everybody's got their job to do. It's like Moneyball, but for improv.

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GAMING IS GOOD FOR YOU!
Playing video games increases perception, improves precision skills and enables faster decision-making.
PERCEPTION:
Playing games improves perceiving fine contrast differences by 58 per cent.
58%
PAIN RELIEF
Pain ratings decreased by 30 to 50 per cent among gamers.
30-50%
ACCURACY
Gamers make 37 per cent fewer errors than others.
37%
SPEED
Surgeons who play video games are 27 per cent faster.
27%
DECISION
Average video gamers make decisions 25 per cent faster than others with the same accuracy.
25%
MOTOR SKILLS
Pre-schoolers who play games improve their motor skills by 12 per cent.
12%
62% OF GAMERS PLAY WITH OTHER PEOPLE.
47% OF PLAYERS ARE WOMEN.
33% PLAY GAMES ON THEIR SMARTPHONES.
32% OF GAMERS ARE UNDER 18 YEARS OF AGE.
DECISIONS + ACTIONS PER SECOND
PAYING ATTENTION TO MORE THINGS AT ONCE
HARDCORE GAMERS
NON-GAMERS
30 is the average age of the average game player, who has been playing games for 12 years.
18 is the average amount of hours spent playing games per week.
35-year-olds purchase the most games.
HIGH-SCORING GAMES
The best Starcraft II players perform up to 400 actions per minute.
Playing one hour of Wii Zumba Fitness burns 500-700 calories.
5.9 million years – the collective amount of time spent on gaming by World of Warcraft players.
GAMES AND VIOLENCE
The rise in games' popularity does not correlate with an increase in juvenile violent crimes. Between 1995 and 2009, video game sales increased by 500 per cent and juvenile crime rates declined by 46 per cent.
Games sales, USA in billions
Juvenile arrest rates for violent crime per 100,000 people
1995
2000
2005
2009
TEXT: DANIEL DENISIUK, GRAPHIC: MIA KORAB; MWN

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Don't forget to like us on Facebook! facebook.com/clubmetroottawa

Top forthcoming games that will make your year

Clash of the titles.
Console junkies rejoice as Metro delivers the cream of the gaming crop for 2013

LAWRENCE BONK
Metro World News in New York

Well, we survived the Mayan apocalypse, so we may as well start to figure out what video games we'll be spending our money on this year. Here is a small sampling of some of the more exciting titles that will be dropping soon.

Ni No Kuni: Wrath of the White Witch
System: PS3
Release Date: Jan. 24
This beautiful RPG, designed by the same animation studio that brought Spirited Away and Princess Mononoke to movie theatres, has been a long time coming. Look for an expansive world to explore, outstanding visuals and a cast of memorable characters when it launches later this month.

The Last of Us is said to be a video game version of the film The Road. HANDOUT

Last of Us
System: PS3
Release Date: May 7
Uncharted and its two sequels are among the best looking and best playing games on the PS3. The company that created Nathan and Sully are back, this time trading in treasure hunting for, um, surviving a horrendous apocalypse. Early reports indicate this title looks and plays great, with people likening it to a video game version of Cormac McCarthy's The Road.

Pikmin 3
System: Wii U
Release Date: Spring
It's been nine years since Captain Olimar and his lovable Pikmin have graced a video game console. What to expect with this new instalment? More of the same strategy and exploration you know and love, this time with an HD coat of paint. All of the Pikmin will fight and die at your hand!

PS4/Xbox 720
Neither of these next-gen consoles have been officially unveiled, but the rumour mill is crunching so hard it's about to break. In any event, all will be revealed by May's E3 expo. Our guess? The Xbox will be available in time for Christmas but the PS4 will lag until next year.

No longer Lost, Dominic Monaghan has found his dream job. HANDOUT

Walk on the wild side

Interview. Dominic Monaghan talks about his new documentary series and the world's largest spider

NED EHRBAR
Metro World News

Lord of the Rings and Lost star Dominic Monaghan is taking on a whole different sort of adventure with Wild Things with Dominic Monaghan, his new BBC America documentary series (airs Mondays on OLN) that finds the British actor travelling the world in search of some of the planet's most exotic — and dangerous — animals. An avid traveller and insect-lover, Monaghan may have found his dream job, he admits.

Where did the idea for the show come from?
It's kind of the way that I holiday, to a certain extent. If I'm going somewhere on my own and I can make my own choices of how I'm going to go on holiday, then I'll pick a place where there is an animal that I'd like to have an interaction with, and then I'd land in a major city and learn as much as I can about that particular animal and then take a trip to get closer to that animal, and then meet some new people and pick up as much expertise as I can before trying to have that experience.

Quoted

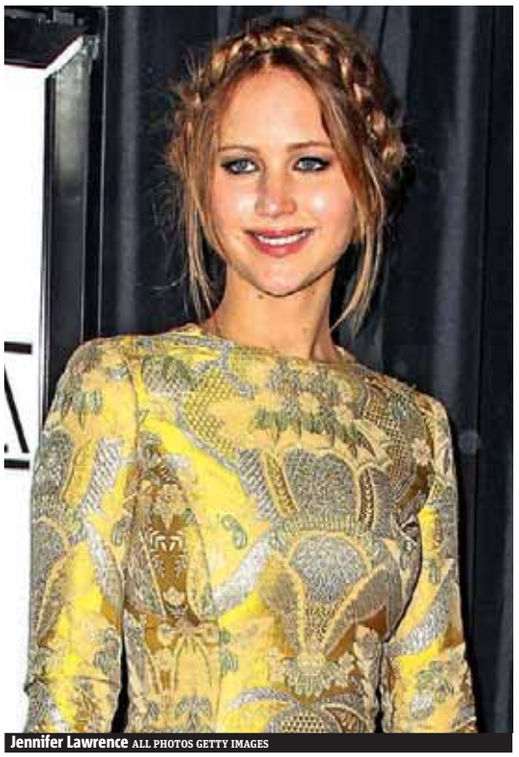
"The amount of animals that we were exposed to in Ecuador was a real eye-opener to me ... You were inundated with the natural world."
Dominic Monaghan
On his new series

Seems like something of a dream job.
Yeah, it is. It's a fantastic experience. But still we're making a show at the same time. We need to bring a product at the end of that experience as well, so there are stressful elements to it as well in terms of getting up early and making sure you get the shots, and there can sometimes be a monotony. But that's all diluted by the fact that you're going into these beautiful parts of the world and having these amazing experiences with these incredible animals.

Was anything you encountered along the way a particular surprise?
You know, some of the food in Africa was a little hard to take. There weren't a lot of seasonings, a lot of salt and pepper and sauce or anything like that in Africa, so it was obviously having to deal with a slight change in diet. We saw some pretty interesting sights in different countries and some real abject poverty and kids in the midst of all that, which is obviously tough to see any time. The amount of animals that we were exposed to in Ecuador was a real eye-opener to me. I've been to rainforests before, but nothing like being in Ecuador. You were inundated with the natural world. We could've made that show in the campsite that we set up to make the program. We didn't even need to walk into the rainforests. There were just animals everywhere.

What were some of the most interesting animals you came across?
Well, we look for the world's largest spider in Laos. That was pretty fun. You know, a large, very charismatic, intimidating spider that turned out to be friendlier than I thought it was going to be. We were only the second western crew to actually have an experience with that spider on film, so that was fun.

How big is the world's largest spider?
The world's largest spider is about as big as a dinner plate. It's definitely a big spider, you know? Something that takes your breath away when you see if for the first time.



Jennifer Lawrence ALL PHOTOS GETTY IMAGES

Jennifer Lawrence out with pneumonia

The pressures of awards season are taking their toll on Silver Linings Playbook star Jennifer Lawrence, who is suffering from pneumonia, according to co-star Jacki Weaver.

The Golden Globe winner also earned a trophy this weekend from Australian Academy of Cinema and Television Awards, but Weaver was there in her place at the L.A. ceremony. "I'm going to receive this on her behalf," Weaver said. "Poor Jen is really sick. She really is sick. She has pneumonia."

Burt Reynolds

Reynolds and his moustache are in the hospital

Burt Reynolds has been hospitalized with the flu and is being treated in a Florida intensive care unit, a rep for the 76-year-old actor confirms to E! News.

"He is doing better. They are taking care of him and his moustache," his rep jokes. "His fever is down and we believe he should be taken out of ICU very soon."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is this the set list for Beyoncé's Super Bowl XLVII halftime show?

THE WORD
Dorothy Robinson
scene@metronews.ca

Poor Beyoncé — can she keep anything under wraps? First her cover was blown about lip-syncing at the presidential inauguration by a member of the Marine Corp Band (loose lips sink ships — and egos) and now someone has leaked her possible set list for her Super Bowl XLVII halftime show.

According to Us Weekly, the set will start out with just Beyoncé singing her solo hit, Crazy in Love, and then she'll be joined on stage with her Destiny's Child mates Kelly Rowland and Michelle Williams for Bills, Bills, Bills and Survivor. They'll then wrap up the performance with their new single, Nuclear.

The only way this reunion will be complete is if Tina Knowles comes back on board with her match-matchy, cheapo costumes she used to design for the girls. Make it happen, universe!

Liberty Ross

Liberty Ross files for divorce

Liberty Ross has filed for divorce from director Rupert Sanders after 10 years of marriage and in the wake of his highly publicized affair with his Snow White and the Huntsman star, Kristen Stewart, according to Us Weekly.

"This was a long time coming," one source says, explaining that Sanders "did want to try to repair the relationship and didn't want a divorce." But according to another source, Ross found the betrayal impossible to get past. "They gave it a shot for the kids (but) she was just so angry," the source says. "She's the kind of person who wouldn't really ever get over it." The couple has two children, daughter Skyla, 7, and son Tennyson, 5.

'All is good' between Stewart and Pattinson

Kristen Stewart and Robert Pattinson, meanwhile, are reportedly doing just fine, despite his being in Australia shooting a new movie and tabloid reports speculating that a split between the Twilight co-stars is imminent.

"All is good," a source tells E! News, adding that Stewart is "not concerned" and "he isn't either" about their temporary separation. "She still plans on going to visit him at some point while he is there filming, but definitely not now," the source says.

Kristen Stewart and Robert Pattinson

Twitter

@EvaLongoria
OMG 5 million followers! When did that happen?! Thx tweeples! I love u!

@chriscolfer
Just finished a chapter in TLOS2 where the twins meet Cinderella's Stepmother. It's very Grey Gardens meets Whatever Happened To Baby Jane.

@hughhefner
I hope everyone is enjoying the weekend. I will be working on my scrapbook this afternoon.

@oliviawilde
Kate Moss says "nothing tastes as good as skinny feels"? Huh. I'm pretty sure that's because you live in England, dude.

Travel Tidbit

Start budgeting before you book

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

A Thomas Cook travel survey reveals that 77 per cent of Canadians plan to travel in 2013. This, despite the fact that many of them say they have to cut down on other expenditures in order to afford it.

Setting up a budget that includes saving for a trip can be tough. Start with deciding realistically where you want to go, how you'll get there, what you want to do and ultimately how much it will cost. It can be easy to research this information on the Internet or work with an accredited travel agent.

Allow for a 10 per cent differential due to changing fuel and other variable costs, and remember to take into account "busy season" rates, depending on when and where you're travelling.

Once you have your target cost, look for areas in your current spending where you can save. For example, 61 per cent of families surveyed said they would eat out less to save toward their vacation.

Cutting back on entertainment and other leisure activities can contribute to your vacation account. Set up a separate bank account (find a no-fee one) to start banking your bucks for a well-needed family getaway. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Exclusively online

- Who knew that Mommy's most significant parenting feat thus far would be finding you a sippy cup that actually functions properly. Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Keep Fluffy and Fido nice and toasty

Protecting Pets. Take precautions to keep dogs and cats safe as winter settles in

Dogs and cats can be somewhat insulated, but in frigid temperatures, pet owners need to take extra measures in protecting them. THE CANADIAN PRESS/GRAEME ROY

Don't let the fur fool you.

Dogs and cats can be somewhat insulated by their warm-feeling coats, but in the face of frigid temperatures, pet owners need to take extra measures in protecting Fluffy and Fido.

Assessing how long to let pets stay outdoors should be based on numerous factors including the animal's breed, coat type, general health and age, according to an online article originally published in 2010 by the Canadian Veterinary Medical Association.

Determining whether the pet has been acclimated to colder weather and its desire to spent time outdoors should also be considered, the association wrote. For example, "smaller, short-coated, ill or geriatric dogs" have less tolerance for cold, and consequently are limited by the time they may be able to spend outside, the CVMA noted.

"If you like to let your cat out in the backyard, let's say, to roam around on your own property for a short period of time, you should be supervising your animal in a cold weather environment," said Ontario SPCA inspector Paul Harrison.

"Cats are good in the snow, they're pretty hearty, but you may have an older cat whose systems may not be as strong as a younger cat."

If an animal is left outside unsupervised and snow, sleet or rain develops, it won't be able to hold its body temperature without proper shelter to take refuge in, he noted.

If a dog is kept outside in the backyard, Harrison said owners should ensure the shelter is raised above the ground and is well-insulated with shingles. The door should be facing away from prevailing wind.

It's also key to check that an animal's water supply hasn't been frozen and is housed in a non-spillable dish, with the option to consider purchasing a heated water bowl, he added.

Koryn Greenspan, owner of Toronto-based Urban Dog Walks, believes in the BBC acronym for winter pet protection: booties, balms and coats.

Greenspan said her two and a half-year-old pooch, Georgia, is "very finicky" when salt gets into her front paws. Prior to taking her German shepherd-husky-collie mix outdoors, Greenspan tries to ensure her pet stays calm as she applies protective balm on Georgia's paws. "You just want to always instil trust and comfort because it's uncomfortable for the dogs at first to have their paws handled in that way."

Watch behaviour

"Most people know their animal so well. If they start acting differently than they normally would, it could be an indication that they're uncomfortable."
Ontario SPCA inspector Paul Harrison.

The Canadian Veterinary Medical Association suggests trimming excess hair from between a pet's toes, where it tends to trap salt. Ensure any residual salt is rinsed off or removed with a damp cloth and fully dried back at home. Coating the hair between the undersides of the toes with a thin layer of petroleum jelly can help to repel the ice, the association wrote. Both Greenspan and Harrison agree leaving dogs locked up in vehicles is a definite — and dangerous — don't.

"Some people think that because it's colder out they can sustain themselves in a car. They can't," said Greenspan. "If it's cold for you, it's cold for them, and dogs unfortunately can fall ill due to extreme cold weather." THE CANADIAN PRESS

Blackberries are like toddlers

There are a few similarities:

1. Mothers joke about how the only time they get to themselves is in the bathroom. This is a complete lie. The peaceful, private utopia usually lasts for only about 3.7 seconds, since both the toddler and the BB inevitably choose the most inopportune moment to interrupt with a whine, yell, thump, or buzz.

2. You've answered all the questions, soothed all the fears, and have powered down everybody and everything for the night. NOT. As soon as you slip into that blissful and necessary deep sleep, you will be awakened by the sound of whining. In this circumstance, the electronic toddler has one clear advantage: There have been no reported cases of a BB oozing out any liquids that require immediate clean up.

3. If they're quiet, you're constantly checking them to make sure everything is OK. If they're loud and interrupting, you just want them to shut up and go away.

4. You love them. You hate them. They drive you crazy when they're "on" and look adorable when they're sleeping.

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There are lessons to be learned between the laughs

School of standup.
Homework, parents and the awkwardness of adolescence rule the Kids 'N Comedy stage

Teenage comedian Eric Kurn performs his standup act during the Kids 'N Comedy show at Gotham Comedy Club in New York.
LARRY NEUMEISTER / THE ASSOCIATED PRESS

Baby-faced 16-year-old Eric Kurn climbed onto the comedy club stage, gave the packed room a look of wide-eyed cluelessness and launched into his deadpan bit: "I think it's time I had a girlfriend. ... There's just one little problem. None of the girls I know think it's time I had a girlfriend.

"Even some of the girls I don't know yet agree with that," the redhead went on, like a teenage Rodney Dangerfield, to cascades of laughter.

With the afternoon crowd of 300 won over, Kurn coasted through his act, touching on the art of adolescent lying and lamenting that parents can use technology to check homework and grades online.

That's the way it goes with Kids 'N Comedy, a nearly 17-year-old program that gives some budding class clowns, ages nine to 18, a chance to learn the nuances of comedy without facing a trip to the principal's office.

Nine-week classes and two-week summer camps give children some basic training in comedy club work before a final exam of sorts — a performance before a paying audience of strangers.

The classes originated with Jo Ann Grossman, a Manhattan woman with no training in comedy, and her husband, Stu, who teaches some of the classes.

In staging the comedy acts, starting out in 1996, they quickly realized they had to impose limits on kids and their unfiltered funny thoughts.

"We wanted it to be clean," Grossman said.

That ground rule wasn't the hard part for 14-year-old Zach Rosenfeld, who recalled his first class when he was nine and the sheer terror of trying, and perhaps failing, to be funny.

"I was very nervous," he said. "But after sitting through a couple of those classes, I started to open up more and more. ... The class teaches you to calm down and not be so scared."

Class participants were told to write down funny things in their lives and refine some of those thoughts into an act.

Rosenfeld says he sat nervously before he went on stage that first time, tapping his foot and trying to remember his lines, only to get before the crowd and forget most of them.

"I could get away with it because I was cute. I was nine," he said. "I was blacking out with part of the routine. I just started talking to the audience, 'I like this table.' They were laughing."

When he walked off stage, he said he knew he would perform again. And he has.

"When you hear laughter on the stage, it's one of the greatest things on the face of the Earth," Rosenfeld said. "You're shining in the stage's light and people like you."

The first sold-out show in the history of Kids 'N Comedy was a milestone for Jo Ann Grossman and a credit to the classes, which cost $595, and comedy summer camps, which cost $1,045.

Grossman said professionalism results from hard work.

"We try to motivate them to write all the time," she said. "If you want to keep it fresh, you have to keep on writing."

Some youngsters have graduated to bigger things, including 26-year-old actor Josh Peck, who recently appeared in the movie Red Dawn after playing Josh Nichols in the Nickelodeon sitcom, Drake & Josh.

"To see these kids, they're funny, they're really funny," Grossman said.

"Nobody's doing knock knock jokes."

THE ASSOCIATED PRESS

Turning frowns upside down

As many comics do, 17-year-old Leo Frampton chose to highlight personal struggles in his routine, using the stage as a form of therapy.

- "Don't judge me. I have a disease, a disease of the mind: ADHD," he said, reminding spectators that trouble focusing is common for teens.
- "People used to say, 'I love textbooks.' Now they say, 'I love exciting and interesting experiences.' ADHD is the new rock 'n' roll."

One hilarious high

"When you hear laughter on the stage, it's one of the greatest things on the face of the Earth."

Zach Rosenfeld
Kids 'N Comedy participant

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OK, you just turned 50. Or 55. Or maybe 60. Perhaps you've been downsized. Maybe you stayed home to raise your family and now would like to get into the workforce. Or maybe you're just bored at your work and are looking for something different. Whatever the reason, you're ready to get out there when a thought hits you: Will someone hire me at my age?

The short answer? Yes. In fact, boomers are better suited to some careers than any other age group

"A boomer's second act is usually based on specific interests and expertise," explains Donna Stevenson, owner of the recruitment firm Boomer Match to Business, bm2b.ca.

"Boomers tend to seek out what they like to do now — business-wise or personally."

The best opportunities lie in the leisure, health and wellness, and financial services areas.

The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

Could the organization you've been volunteering for use your expertise to their advantage? Hand them your resumé! ISTOCK

Retirement planning

Who knows the financial needs of retirees better than boomers? If you have financial expertise, this may be a great area for you.

Client care services for seniors

"I've had people who used to be in human resources move into this area where they work with seniors in the health care industry," says Stevenson. With so many of their own parents in long-term care, boomers understand the challenges and the rewards firsthand.

Not-for-profit

Many boomers already volunteer for not-for-profit organizations and discover that there are paying jobs as well. "They're always looking for senior people with expertise they can apply quickly," says Stevenson.

Sales into the C-suite

If you have a knack for sales, you may find a position selling to CEOs, CFOs and other high level people in businesses and other organizations.

College instructor

Teaching what you know is a great job for boomers. You might need to take a course to sharpen teaching skills. When looking for work, start with the trade school or college that you went to.

Blogger

One way to utilize your skills is to blog about them. This can lead to speaking and other writing engagements — it's all about mining your expertise. "As long as you are capable of articulating, then away you go," says Stevenson.

Travel tour leader

"Boomers I know get into adventure travel because they know how to lead and manage huge groups of people from a business perspective. So they leverage their business expertise with a personal interest — and it works."

Got the write stuff?

"As long as you are capable of articulating, then away you go."

Donna Stevenson
Owner of recruitment firm Boomer Match to Business on starting a blog.

Nestling into a niche that works for you

Success in the specific.
Wherever people are pining for an absent product or service is where you want to be

Part of being an entrepreneur is having the ability to innovate and to adapt to changes in the marketplace, particularly when it comes to understanding the demographics of your target market. You bring ideas to life by offering new products and services or by delivering them in new ways.

As with any major undertaking, you'll want to do your research first to determine which group of people you want to reach and how you will accomplish that.

The best way to learn more about a market segment is by talking to the people who belong to it to find out firsthand what they want.

Let's say you work in the health-care field and have learned that a growing number of people are looking for mobile services or personalized care inside the home. You might decide to expand your offerings or start a new business aimed at meeting a particular set of needs for this niche.

If you keep an eye on emerging social trends or changes in demographics, like an aging population, you can get in on the ground floor or adapt accordingly.

Your bright idea may never see the light of day if you don't ask around for opinions and advice. ISTOCK

Once you've determined your target market, you can focus on adjusting or developing your marketing plan. You've heard what the market has to say, now it's your turn to reach out to them.

Think about the language you use and the way you present yourself to them. Do test-marketing and seek feedback.

NEWS CANADA

Ask and you shall receive

Consider the following when building your niche business plan:

- Is there a group of potential customers with similar wants or needs?
- Is the market big enough to support my business?
- Who is my competition and are they currently serving that same market?
- Can I adapt my products and services to address the market's needs and still be profitable?

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Don't get taken while you type

Social snakes. The Net can be an impressive tool for self-promotion, but watch out for those info-snatchers

Sharing pictures and information online through social networks has become a normal way of life for tech-savvy millennials.

Unfortunately, some technology experts are concerned that young people's sharing can go too far, putting their security at risk.

A recent survey by Visa Canada found that young Canadians, aged 18 to 30, were the most likely age group to overshare personal information on social networking sites, including posting their home addresses, birth dates and phone numbers online — information that could potentially be used to carry out identity theft and other scams.

What's more, it appears this willingness to share extends into the offline world. The same survey also found that young adults are most likely to share their PIN and lend their credit or debit card to others.

Familiarize yourself with your social network's privacy settings to help control who can see your information. ISTOCK

Security experts are chiming in to urge Canada's young people to show some restraint to avoid putting their personal financial information at risk.

"Young adults need to better understand the risks associated with oversharing personal and financial data," says Gord Jamieson, the head of security at Visa Canada.

"The more information you post, the more likely a thief will have enough information to access your accounts and commit fraud."

Jamieson recommends young people, and all Canadians, remember these security tips before posting online:

- Personal information is just that — personal. Don't post information such as payment card info or your SIN in a public forum or on a social networking site.
- Pay close attention to what you share on social networking sites — even seemingly innocuous information such as your mother's maiden name or your high school mascot can help a thief gain access to your accounts.
- Create strong, unique passwords for each of your accounts. Using different passwords will limit any damage if one password is compromised.

NEWS CANADA

Keep an eye out

Scams aren't always what they seem

- Be suspicious of any requests for your personal or payment information no matter how convincing the communication or phone call you received may be.
- Scammers may use tactics like phishing and social engineering to trick consumers into divulging personal or payment information.

Less posts, less problems

"The more information you post, the more likely a thief will have enough information to access your accounts and commit fraud."

Gord Jamieson
Visa Canada

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The In-Credibility Factor

Sonya Esman flew to England to help design jewelry after winning the #NokiaLVK Fashion Quest. PROVIDED

Name: Sonya Esman
City: Toronto
Age: 17
Occupation: Fashion blogger, YouTube vlogger and actress

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

At only 17 years of age, Sonya has started to make her mark in the fashion world as a blogger, a regular contributor on YouTube and as an actress (Degrassi, Camp Rock 2, Rookie Blue). She recently beat out contestants from around the world to win the #NokiaLVK Fashion Quest.

Two weeks ago, she jetted off to London, England to collect the grand prize: a chance to design a piece of jewelry with designer Leila Kashanipour of LeiVanKash.

I knew I was on my way when ...

I knew I was on my way when I found out that I won the #NokiaLVK Fashion Quest. It felt surreal because Leila of LeiVanKash is someone I really look up to and she blew me away with her knowledge and experience.

We decided on a limited edition design of a pair of earrings featuring a druzy stone.

Everything I came to London for I put on a piece of paper.

It was my take, my favourite jewelry put into her designs.

I thought it was absolutely beautiful and it will be featured in her line. In the future, I want to keep video blogging and I want to build a brand that will hopefully develop into my own career and occupation.

Action Plan:

Keep practising your craft

Know what you want from your career or passion in life.

Don't be afraid to make mistakes and make good investments

If you're making YouTube videos, buy a good quality camera so it reflects in your work.

Network with other people and have mentors that can guide you

Do a lot of research because there are a lot of resources online that will help aspiring bloggers or YouTubers.

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Frittata with Smoked Salmon replaces lox with cream cheese

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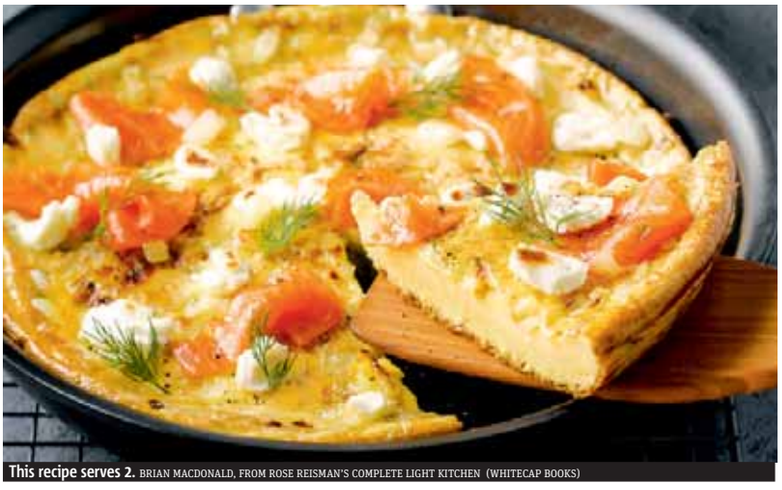
This Frittata with Smoked Salmon, Cream Cheese and Dill is a light and healthy alternative to lox and cream cheese on a bagel. Serve it alongside whole grain toast or an English muffin for a complete meal. Smoked salmon freezes well and will keep in the refrigerator for up to one week.



This recipe serves 2. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 1 tsp vegetable oil
- 1/3 cup finely diced onion
- 1/2 tsp crushed fresh garlic
- 1/2 cup egg substitute (or 2 large eggs)
- 3 egg whites
- 1/3 cup low-fat milk
- pinch salt and freshly ground black pepper
- 2 tbsp low-fat cream cheese, softened
- 3 tbsp chopped fresh dill
- 1/4 cup diced smoked salmon

1. Lightly coat a small non-stick skillet with vegetable oil spray. Heat the oil over medium heat and sauté the onion and garlic for 3 minutes, or until the onion is tender and lightly browned. Remove from the heat and set aside.

2. Whisk the egg substitute, egg whites, milk, salt and pepper together. Add the onion mixture.

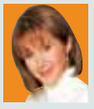
3. Spray a clean 10-inch skillet with vegetable oil, add the egg mixture and cook for 4 minutes, or until nearly set.

4. Dot the cream cheese over top, cover and cook until the frittata is set, 2 minutes. Sprinkle with the dill and smoked salmon. Slip frittata onto serving platter with spatula.

5. Cut into wedges and serve immediately. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Swiss Chalet, aside from its delicious "jus" and chicken dinners, is known for other options. However, some of those options will pack on the calories.

Swiss Chalet Poutine

910 calories / 50 g fat
Just the name "poutine" can clog your arteries: French fries, cheese curds and gravy. With three quarters of your daily calories and fat, there's no room for any nutrition!

Equivalent

One Swiss Chalet Poutine is equal in calories to a 1 1/4 lb flank steak.

Swiss Chalet Classic Hot Chicken Sandwich (with white meat)

520 calories / 11 g fat
This is a more nutritious meal with lean protein and little fat.

Skip fried foods and reach for Baked Sesame Shrimp Toasts

Traditionally, shrimp toasts are made of chopped or ground shrimp seasoned with soy sauce, sesame oil, scallions and rice wine. This mixture then is mounded onto little toasts and deep-fried.

Since baguettes become wonderfully crunchy when baked, this recipe conjures up — without frying — the necessary crunchiness.

1. Heat the oven to 400 F.

Ingredients

- 32 diagonally sliced 1/2-inch-thick baguette slices
- Cooking spray
- 1/2 lb raw shrimp, peeled and deveined
- 1 large egg white
- 2 1/2 tsp sake, Chinese rice wine or dry sherry
- 2 tsp finely grated ginger
- 1 large garlic clove, minced
- 1 1/2 tsp hot sauce
- 1 1/2 tsp toasted sesame oil, divided
- Heaping 1/4 tsp kosher salt
- 1/4 tsp sugar
- 4-oz can water chestnuts, drained and finely chopped
- 2 scallions, finely chopped (about 1/4 cup)
- 1/4 cup low-fat mayonnaise
- 2 tsp sesame seeds

2. On a rimmed baking sheet, arrange the baguette slices in a single layer. Spritz the bread slices on both sides with cooking spray. Bake them on the oven's middle shelf for 4 minutes. Remove them from the oven, turn over each slice, then set aside. Reduce the oven to 350 F.

This recipe makes 32 toasts. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. In a food processor, combine the shrimp, egg white, sake, ginger, garlic, hot sauce, 1/2 teaspoon of the sesame oil, the salt and the sugar. Puree until smooth. Transfer the mixture to a bowl and stir in the water chestnuts and scallions.

4. In a small bowl, stir together the mayonnaise and remaining 1 teaspoon sesame oil. Mound a rounded tablespoon of the shrimp mixture on top of each toast and spread evenly over the toast. Brush the top of each mound with some of the mayonnaise mixture, then sprinkle with sesame seeds.

5. Bake on the oven's middle shelf for 12 to 14 minutes, or until the shrimp mixture is just cooked through. Serve hot. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

NHL

Capitals edge Sabres for first win of season

An NHL routine gone missing for 262 days made an overdue return Sunday: Alex Ovechkin scored a goal, and the Washington Capitals won.

Ovechkin's tally proved to be the decisive goal, coming with 14:49 remaining in a 3-2 victory over the Buffalo Sabres. The Capitals hadn't won — and Ovechkin hadn't scored — since May 9, 2012, during a playoff series against the New York Rangers.

"We finally win," Ovechkin said. "So it's much, much better for us right now. No pressure (on) our shoulders."

THE ASSOCIATED PRESS

Golf

Woods leading pack in San Diego

The fog lifted Sunday and revealed a familiar sight: Tiger Woods in command at Torrey Pines.

Despite finishing with a bogey on the easiest hole of the back nine, Woods began to pull away from the field with a 3-under 69 in the third round to build a four-shot lead in the Farmers Insurance Open. Woods has only lost twice on the PGA Tour in 40 previous times that he has held the outright lead through 54 holes. THE ASSOCIATED PRESS

Tiger Woods lines up a putt on the sixth hole on Sunday at Torrey Pines in San Diego. GETTY IMAGES

Penguins captain Sidney Crosby scores a shootout goal on Craig Anderson at Scotiabank Place on Sunday night. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Neal puts nail in Senators' coffin

NHL. Penguins forward produces in regulation and shootout at Scotiabank Place

On Sunday

Penguins	Senators
2	1

The Ottawa Senators and Pittsburgh Penguins were fairly evenly matched on Sunday — except for James Neal.

Neal scored in regulation and in the shootout as the Penguins defeated the Ottawa Senators 2-1.

"It was a little sloppy at times, but you've got to win them like that," said Neal. "It's going to be like that at times this year."

Sidney Crosby and Evgeni Malkin, with the winner, also scored in the shootout for Pittsburgh (4-2-0), which snapped a two-game skid. Marc-Andre Fleury made 31 saves for the win.

"We obviously didn't want to keep sliding," said Crosby. "Every game is so important. It wasn't a pretty one but it was good we were able to find a way."

Colin Greening scored a second-period goal for the Senators (3-2-1), while Jason Spezza and Kyle Turris collected shootout goals after Fleury stopped Milan Michalek with the first attempt.

"Fleury was big for us tonight," said Neal.

Craig Anderson turned aside 33 of 34 shots and has allowed just three regulation goals through four games so far this season.

The Senators had a golden opportunity to win in regulation when Erik Karlsson's slap shot from the slot sailed just wide of Fleury with less than 40 seconds to play.

"The puck was bouncing a bit and I couldn't really settle it," Karlsson said. "I just tried to whack it and it didn't work out."

Jakob Silfverberg had a chance in overtime for the Senators, but after stealing the puck at his own blue-line from Chris Kunitz, he was tracked down on a breakaway by Ben Lovejoy before getting a shot off.

"The pace picked up at the end and both teams really tried to win the game," said Karlsson. "That's what hockey is about — no team played to lose and both teams were going for it and trying to create chances. It was a tricky game."

THE CANADIAN PRESS

Celtics' celebration muted by Rondo news

Heat guard Dwyane Wade falls on Celtics forward Paul Pierce on Sunday in Boston. JARED WICKERHAM/GETTY IMAGES

Paul Pierce hit a go-ahead jumper with 31 seconds left and the Boston Celtics beat the Miami Heat 100-98 in double overtime Sunday then learned that all-star point guard Rajon Rondo will miss the rest of the season with a knee injury.

Rondo will have surgery for a torn anterior cruciate ligament in his right knee. He was hurt late in Boston's 123-112 loss, also in two overtimes, to Atlanta on Friday night.

Coach Doc Rivers said the postgame mood in the locker-room "was good" before he told his players the extent of the injury, "and then it went down."

It was Ray Allen's first game in Boston since he left the Celtics after five seasons and signed as a free agent with Miami. He scored 21 points.

Kevin Garnett had 24 points and 11 rebounds, and Pierce added 17 points, 13 rebounds and 10 assists for the Celtics, who ended a six-game losing streak, their longest in six seasons. LeBron James had 34 points for the Heat, whose winning streak stopped at four.

"As much as I've been a rival with Boston over the years, I never want to see anyone go down," James said of Rondo. "It's terrible, not only for their team but for the league."

THE ASSOCIATED PRESS

Lakers top Thunder

Kobe Bryant had 21 points, 14 assists and nine boards, Steve Nash added seven of his 17 points in the final 5 1/2 minutes, and the Lakers held off the NBA-best Oklahoma City Thunder 105-96 on Sunday.

- Pau Gasol scored 16 as the Lakers picked up the most impressive win of their dismal season, coolly maintaining a small lead down the stretch of their second straight win after a four-game skid.

4 SPORTS

Super Bowl finalists prove defence matters

Baltimore Ravens safety Bernard Pollard stretches on Thursday at the team's training facility. The Ravens face the San Francisco 49ers in Super Bowl XLVII in New Orleans on Sunday. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Big-game leadup.
A pair of oft-penalized, hard-hitting defences are meeting in final

It was as if linebacker Ray Lewis, safety Bernard Pollard and the rest of the Baltimore Ravens' defence set out to provide a quarter-by-quarter demonstration of how they do business.

About 11 minutes into the AFC championship game against Tom Brady and the New England Patriots, Lewis drew a 15-yard unnecessary roughness penalty for a helmet-to-helmet hit that pushed tight end Aaron Hernandez's chin strap up near his nose.

Then, in the second quarter, linebacker Dannell Ellerbe gave New England another free 15 yards by hitting an offensive lineman in the face mask in response to an after-the-play shove.

Fast-forward to early in the third, and Pollard was flagged for his team's third personal foul of the day, thanks to a leaping hit against the helmet of receiver Wes Welker. Two plays later, Welker dropped a third-down pass.

A couple of minutes into the fourth, Pollard struck again. No penalty was called, but his helmet-to-helmet hit on Stevan Ridley resulted in a fumble and left the running back on his back, looking limp and helpless. Ridley left the game with a head injury, while the Ravens recovered the football and were on their way to next Sunday's Super Bowl against the equally aggressive San Francisco 49ers.

In an age of high-powered offences in the NFL — this season's games featured 45.5 points, the highest average since 1965 — and more safety-conscious officials, two hard-hitting, oft-penalized defences are meeting in the final. Second-half shutouts of the Patriots and Atlanta Falcons in the conference title games were a reminder from the 49ers and Ravens that defence still matters.

Sometimes it isn't about some sort of newfangled, complicated Xs-and-Os defence, either. It's about players pushing it to the limit — and, sometimes, perhaps beyond — in a league taking steps to rein in certain kinds of hits.

"Being physical? That's vital, man. That's what we live by," Baltimore cornerback Cary Williams said.

What about San Francisco's defence?

"They're just as physical as we are," Williams replied, offering what in his mind is probably the highest compliment he could pay another team's players. THE ASSOCIATED PRESS

Quoted

"I'm not sitting here saying that we're intimidating everybody or anything like that. But you know we're coming to hit you, for sure."

Ravens linebacker Paul Kruger

Comparing defences

- Opposing offences scored 15.5 points per game against the 49ers, which ranked third in the 32-team NFL in the regular season. The Ravens gave up 20 per game, 11th-best.
- The 49ers allowed only two touchdown passes of 20-plus yards, the lowest total in the league. Baltimore allowed six.
- During the regular season, the Ravens had an NFL-high 19 personal fouls. They were also penalized more yards overall than anyone else. The 49ers tied for fourth with 15 personal fouls and ranked fifth in penalty yardage.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	4	3	0	1	11	7	7
Pittsburgh	5	3	2	0	15	14	6
NY Islanders	4	2	2	0	14	13	4
NY Rangers	5	2	3	0	14	16	4
Philadelphia	6	2	4	0	13	18	4

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	4	3	0	1	12	8	7
Ottawa	5	3	1	1	16	10	7
Montreal	4	3	1	0	13	7	6
Buffalo	5	2	3	0	13	15	4
Toronto	5	2	3	0	14	17	4

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	5	4	1	0	24	13	8
Winnipeg	4	2	1	1	10	10	5
Carolina	4	2	2	0	11	13	4
Washington	5	1	3	1	11	19	3
Florida	5	1	4	0	8	19	2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	5	5	0	0	20	12	10
St. Louis	5	4	1	0	19	9	8
Nashville	5	1	1	3	10	14	5
Detroit	4	2	2	0	10	14	4
Columbus	5	1	3	1	9	18	3

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	4	2	1	1	13	12	5
Minnesota	4	2	2	0	9	10	4
Colorado	4	2	2	0	9	9	4
Edmonton	4	2	2	0	11	13	4
Calgary	4	1	2	1	11	15	3

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	4	4	0	0	19	7	8
Anaheim	4	3	1	0	15	14	6
Dallas	5	2	2	1	11	12	5
Los Angeles	4	1	2	1	8	12	3
Phoenix	5	1	4	0	17	20	2

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
Washington 3 Buffalo 2
Pittsburgh 2 Ottawa 1 (SO)
Montreal 4 New Jersey 3 (OT)
Tampa Bay 5 Philadelphia 1
Detroit at Chicago
NY Islanders at Winnipeg
Minnesota at St. Louis
Vancouver at San Jose
Saturday's results
San Jose 4 Colorado 0
NY Rangers 5 Toronto 2
Chicago 3 Columbus 2
Philadelphia 7 Florida 1
St. Louis 4 Dallas 3
Los Angeles 4 Phoenix 2
Calgary 4 Edmonton 3
Anaheim 3 Nashville 2 (SO)
Monday's games — All Times Eastern
Boston at Carolina, 7 p.m.
Dallas at Columbus, 7 p.m.
Nashville at Phoenix, 9 p.m.
Colorado at Edmonton, 9:30 p.m.
Vancouver at Los Angeles, 10:30 p.m.
Tuesday's games
New Jersey at Boston, 7 p.m.
Philadelphia at NY Rangers, 7 p.m.
Toronto at Buffalo, 7 p.m.
Winnipeg at Montreal, 7:30 p.m.
Washington at Ottawa, 7:30 p.m.
Dallas at Detroit, 7:30 p.m.
NY Islanders at Pittsburgh, 7:30 p.m.
Florida at Tampa Bay, 7:30 p.m.
Columbus at Minnesota, 8 p.m.
Anaheim at San Jose, 10:30 p.m.

TENNIS

ATP — WTA

AUSTRALIAN OPEN
At Melbourne, Australia
MEN
Singles — Championship
Novak Djokovic (1), Serbia, def. Andy Murray (3), Britain, 6-7 (2), 7-6 (3), 6-3, 6-2.
Doubles — Championship
Bob and Mike Bryan (1), U.S., def. Robin Haase and Igor Sijsling, Netherlands, 6-3, 6-4.
WOMEN
Singles — Championship
Victoria Azarenka (1), Belarus, def. Li Na (6), China, 4-6, 6-4, 6-3.
Doubles — Championship
Sara Errani and Roberta Vinci (1), Italy, def. Ashleigh Barty and Casey Dellacqua, Australia, 6-2, 3-6, 6-2.

NFL

SUPER BOWL XLVII

Sunday, Feb. 3 At New Orleans, La.
Baltimore vs. San Francisco, 6 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	28	13	.683	—
New York	26	15	.634	2
Chicago	26	17	.605	3
Indiana	26	18	.591	3½
Brooklyn	26	18	.591	3½
Atlanta	25	18	.581	4
Milwaukee	23	19	.548	5½
Boston	21	23	.477	8½
Philadelphia	18	25	.419	11
Detroit	17	27	.386	12½
Toronto	**16**	**28**	**.364**	**13½**
Orlando	14	29	.326	15
Cleveland	13	32	.289	17
Washington	11	31	.262	17½
Charlotte	11	32	.256	18

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	36	11	.766	—
Oklahoma City	34	11	.756	1
L.A. Clippers	32	13	.711	3
Memphis	28	15	.651	6
Golden State	26	17	.605	8
Denver	27	18	.600	8
Utah	24	20	.545	10½
Houston	24	22	.522	11½
Portland	22	21	.512	12
L.A. Lakers	19	25	.432	15½
Dallas	18	25	.419	16
Minnesota	17	24	.415	16
Sacramento	16	29	.356	19
Phoenix	15	29	.341	19½
New Orleans	15	29	.341	19½

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results
Boston 100 Miami 98 (OT)
L.A. Lakers 105 Oklahoma City 96
Detroit 104 Orlando 102
New Orleans 91 Memphis 83
Atlanta at New York
Phoenix at Dallas
Portland at L.A. Clippers
Monday's games — All Times Eastern
Memphis at Philadelphia, 7 p.m.
Golden State at **Toronto**, 7 p.m.
Sacramento at Washington, 7 p.m.
Orlando at Brooklyn, 7:30 p.m.
Charlotte at Chicago, 8 p.m.
Indiana at Denver, 9 p.m.
Houston at Utah, 9 p.m.
Tuesday's games
Golden State at Cleveland, 7 p.m.
Milwaukee at Detroit, 7:30 p.m.
Dallas at Portland, 10 p.m.
New Orleans at L.A. Lakers, 10:30 p.m.

Djokovic wins record 3rd straight Aussie open

No shirt ripping or bare-chested flexing this time.

Novak Djokovic completed his work before midnight, defeating Andy Murray in four sets for his third consecutive Australian Open title and fourth overall.

"Winning it three in a row, it's incredible," Djokovic said after his 6-7 (2), 7-6 (3), 6-3, 6-2 victory Sunday night. "It's very thrilling. I'm full of joy right now. It's going to give me a lot of confidence for the rest of the season, that's for sure."

Nine other men had won consecutive Australian titles in the Open era, but none three straight years.

A year ago, Djokovic began his season with an epic five-hour, 53-minute five-set win over Rafael Nadal at the Australian Open, the longest Grand Slam final. He tore off his shirt to celebrate. The TV replays repeated constantly at this tournament.

He mimicked that celebration after coming back to beat Stanislas Wawrinka in five hours in a surprisingly tough fourth-round victory this time.

Since then, he's looked every bit the No. 1 player. He said he played "perfectly" in his 89-minute win over fourth-seeded David Ferrer in the semifinals Thursday night. Murray struggled to beat 17-time major winner Roger Federer in five sets in the semifinals Friday night, and still had the bad blisters on his feet to show for it in the final.

Novak Djokovic celebrates his win Sunday at the Australian Open final in Melbourne, Australia. THE ASSOCIATED PRESS

Djokovic said he loves playing at Rod Laver Arena, where he won his first major title in 2008. He now has six Grand Slam titles altogether. Federer has won four of his 17 majors at Melbourne Park, and Agassi is the only other player to have won that many in Australia since 1968.

Murray broke the 76-year drought for British men at the majors when he won the U.S. Open last year and said he'll leave Melbourne slightly more upbeat than he has after defeats here in previous years.

"The last few months have been the best tennis of my life. I mean, I made Wimbledon final, won the Olympics, won the U.S. Open. You know, I was close here as well," he said. "No one's ever won a slam (immediately) after winning their first one. It's not the easiest thing to do. And I got extremely close." THE ASSOCIATED PRESS

Women's final

Victoria Azarenka won her second consecutive Australian Open title on Saturday, beating Li Na 4-6, 6-4, 6-3 in a final that included a break for fireworks, two medical timeouts and a nasty fall to the court by Li.

- Azarenka, who broke down in tears and sobbed into her towel when the match ended, won her second major title and retained the No. 1 ranking.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Focus on the things that are going well for you rather than the things that are going wrong. Financially and affectionately you have much to look forward to, so be positive and before long positive things will occur.

♉ Taurus
April 21 - May 21
You won't be able to hide your feelings over the next seven days – and nor should you want to. You will be much more outgoing and much more likely to tell others what you really think of them!

♊ Gemini
May 22 - June 21
No matter how reserved emotionally you may be most of the time now you must go right the other way and leave those you love in no doubt how you feel about them. A hug and a kiss is always the best remedy.

♋ Cancer
June 22 - July 23
You will find it easier to get along with authority figures as the new week begins. There will still be disagreements, of course, but at least you will be thinking along the same lines and pulling in the same direction.

♌ Leo
July 24 - Aug. 23
The most important thing this coming week is that you keep a sense of perspective and remember that no matter how much you want to get ahead in the world personal relationships matter more. Love is the key.

♍ Virgo
Aug. 24 - Sept. 23
You may be bored by what you are working on at the moment but the planets indicate that if you make a good job of it you will be rewarded with more enjoyable tasks in the future. Pretend that it's fun.

♎ Libra
Sept. 24 - Oct. 23
Love will come back into your life this week and it won't be long before you feel in tune with the world again. Don't wait for loved ones to tell you how much they care – tell them how much you care first.

♏ Scorpio
Oct. 24 - Nov. 22
Not even a Scorpio can keep moving at your present pace, so slow down and give yourself a break – yes, you CAN afford the time. If you fall behind in your schedule it means your schedule is too tough.

♐ Sagittarius
Nov. 23 - Dec. 21
You have beaten off some serious challenges to your authority. Well done! Now you must find ways to get back in the good books of someone you fell out with along the way. What can you do to win them round?

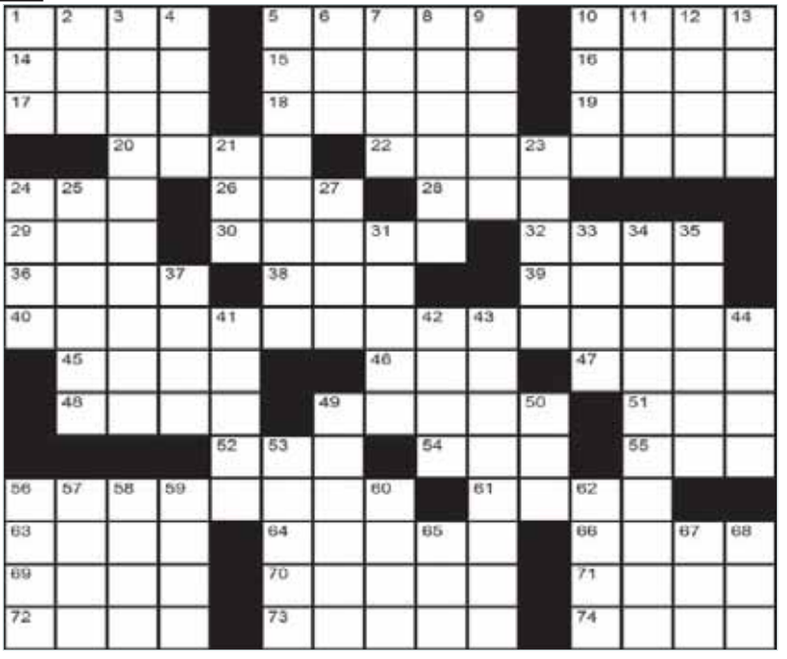
♑ Capricorn
Dec. 22 - Jan. 20
If you make an effort to see things from someone else's point of view today you will gain a valuable insight into why they think the way they do. Once you understand them you won't feel so threatened.

♒ Aquarius
Jan. 21 - Feb. 19
Changes of one sort or another are inevitable over the coming week but that's a good thing, so don't hide yourself away from the world. The Sun in your sign will motivate you to make those changes work for you.

♓ Pisces
Feb. 20 - March 20
You will be pleasantly surprised by what happens over the next few days. Money matters will no longer worry you the way they once did and relationships and friendships will be a lot of fun. It's all good. SALLY BROMPTON

Crossword: Canada Across and Down

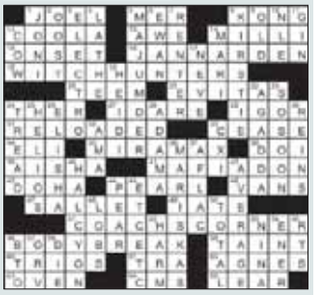
BY KELLY ANN BUCHANAN



Across
1. BC-mined stone
5. __ Gwaii (Queen Charlotte Islands, formerly)
10. Canadian actor Eugene
14. Single-named supermodel
15. Ms. Lavigne
16. Nabisco cookie
17. __ McMurray, AB
18. Poetry
19. Intellect
20. Actress Ms. Russell
22. Canadian country singer, Crystal __
24. Camera mugger
26. PEI part, for short
28. Author Ms. LeShan
29. Ms. Longoria
30. London, England's tallest building, The __
32. "__ and Dumber" (1994)
36. Net balls
38. Canadian broadcaster Mr. Lewis
39. Duelling weapon
40. Chief Correspondent of CBC's "The National": 2 wds.
45. "Finding __" (2003)
46. 'S' of RSVP
47. Priory of __, in "The Da Vinci Code" (2006)
48. The real thing, for short
49. Premiere
51. Whichever
52. 'Jag' add-on (Posh car)
54. Beaufort __
55. "Who Wants to __ _ Millionaire"
56. PM's official res. at 24: 2 wds.
61. Jodie Foster movie
63. "Charmed" sister
64. Lyre-playing Muse
66. De-squeaks
69. Stuff
70. Roman Myth: Romulus' twin brother
71. Footprint
72. Pas __ (Solo ballet dance)
73. Metalwork tool
74. Better Than __ (Rock band)

Down
1. Peanut butter brand
2. "La Isla Bonita" line: "Te dijo te __."
3. Universe stuff, in Cosmology: 2 wds.
4. Duck, in Dusseldorf
5. Dickensian Miss of Satis House
6. Ottawa's Carling, e.g.
7. Flawed goods, for short
8. Shared juicy news
9. Follow _ __ (Sleuth)
10. Toronto's Casa
11. "__ Brockovich" (2000)
12. Hawk
13. George Lucas character
21. Belonging to Providence's li'l state
23. Flamingo, for one
24. Beatles movie!
25. Jennifer Aniston is the new face of this skincare brand
27. Eruption's emission
31. Shampooing direction
33. Neil Sedaka's "Breaking __ Hard to Do": 2 wds.
34. Star's in-promotion-mode undertaking: 2 wds.
35. "Scram!"
37. __-sweet chocolate
41. Scoundrel
42. The Baldwins, e.g.
43. Dime schooner
44. Irish singer
49. 'Celebrity Rehab' physician: 2 wds.
50. __ kwon do
53. Lumberjacks
56. Beach lotions' 15 and 30, e.g.
57. "Ugly Betty" actor Michael
58. U.S.S. Enterprise navigator
59. Real estate verb
60. Avatar of Vishnu
62. Misplace
65. Strong boat
67. Celtic sea god
68. Pampering resort

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		5		2			3
				6		8		4
				9		6	1	
	9						3	8
			9		8			
1	3						7	
	8	6		4				
9		3		5				
2			7		9		8	

Friday's Sudoku

8	5	4	2	3	9	6	1	7
9	3	7	8	1	6	4	5	2
6	2	1	7	5	4	9	3	8
7	9	8	4	2	5	3	6	1
3	1	5	6	9	7	2	8	4
2	4	6	3	8	1	7	9	5
1	8	2	9	4	3	5	7	6
5	7	9	1	6	2	8	4	3
4	6	3	5	7	8	1	2	9

Get back on your financial feet
AVOID BANKRUPTCY
Stop Interest • Stop Penalties • Stop Legal Actions
Let us consolidate your debt and make ONE low payment!
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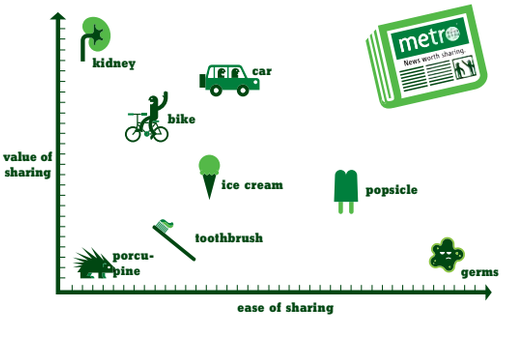

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TOYOTA

92 IN STOCK

COROLLA
2007–2010

13 IN STOCK

FROM $7,970

MATRIX
2007–2012

20 IN STOCK

FROM $8,470

YARIS
2007–2012

34 IN STOCK

FROM $7,960

FORD

50 IN STOCK

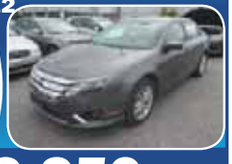
ESCAPE
2006–2012

18 IN STOCK

FROM $7,880

FUSION
2007–2012

11 IN STOCK



FROM $9,950

FOCUS
2008–2012

6 IN STOCK

FROM $7,950

NISSAN

49 IN STOCK

SENTRA
2007–2011

10 IN STOCK

FROM $8,860

ALTIMA
2005–2012

8 IN STOCK

FROM $5,840

VERSA
2007–2012

10 IN STOCK

FROM $6,950

MAZDA

70 IN STOCK

MAZDA 3
2007–2011

33 IN STOCK

FROM $7,950

MAZDA 5
2007–2012

8 IN STOCK

FROM $9,850

MAZDA 6
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9 IN STOCK

FROM $10,670

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